



STRENGTH WORKOUTS

STRENGTH TRAINING SPECIFICS

Speed

- Repetitions will be performed in a controlled and fluent manner. Each repetition will be performed in the following manner:

2 seconds on the concentric phase of the lift (lifting phase of the exercise)
4 seconds on the eccentric phase of the lift (lowering phase of the exercise)
- Unless otherwise noted on the workout cards each lift should be performed in this controlled manner

Repetitions

- Repetitions will be our key for charting your progress. Once you meet the recommended range of repetitions you will increase the weight by 5-10 lbs. This way you will be challenging your body to adapt and get stronger.
- Stay with the number of reps designated for each set
- *** Body Weight Exercise Repetitions are listed for the total amount done over the course of one set and not in succession. If you can only do 2 or 3 reps at a time that is fine. For example if you can only get 3 pull ups or dips at first and the set requires you to get 10 do 3 small sets of 3 and 1 set of 1 to reach your goal of 10 for that set. It may take 3-5 minutes to get the set completed. Try to get one more than you did the last time until you complete all the repetitions in succession without a break. Over the course of time you will get better and complete more successive repetitions by performing them in this manner. ***

Sets

- The number of sets for each exercise will vary depending on which phase you are in.

Recovery Time

- Allow 30 seconds to 1 minute between sets
- Use the recovery time to stretch the muscle group you are lifting

Finding Your 8-12 Repetition Max

-Take a day before you start the program and go to the weight room. Look at the first phase in the workout cards and become familiar with the listed machines and where they are in the gym. Use each machine and set a weight that you think you can get 8-12 repetitions. After a couple of reps you will know if you need to increase or decrease the weight. Write down the weight on your card that you performed 8-12 repetitions so you will know what weight you will be using for your first workout. This will aid in the efficiency of your workouts by not having to figure your starting weight when you go into the weight room for the first workout.

Proper Weight

-Stay with the repetitions listed on the workout. Do not lower the number of repetitions just to get a heavier weight. This is not the reason we are training. Gaining strength is not always about how much weight is on the stack or bar but about proper execution of the repetition to achieve full muscular fatigue.

Training Logs

-Reading the training log

-Each workout starts out with a given warm up. (Blue or Yellow) If you have already performed your cardiovascular training for the day then you can immediately start your workout. This is due to already performing the warm up during the cardio training. If

you feel you need more warm up before the workout than what is stated feel free to stretch the needed areas before beginning.

- All exercises are listed in the left-hand column.
- The day you perform the exercise is listed under the Navy Fitness Logo on the card.
- Work outs are read in a vertical column listed under the week you are currently on.
- Each exercise box has either one or two sets listed for that exercise each week. Be sure to pay attention to how many sets you are supposed to perform.
- Repetitions for the given workout is listed in the vertical column under the week they are on.

-Repetitions are read the following way:

15 - # repetitions are performed in that set

AMAP – Perform as many repetitions as possible for that given exercise

8 to 12 – Perform 8 to 12 repetitions during that set no more no less

15/20 – Perform 15 or 20 repetitions for that set

8/12 +3 – Perform 8 to 12 repetitions at a given weight then immediately drop 5-10 lbs. off your present lifting weight and perform 3 more repetitions also called an **Extended Set**.

8/12 + 25 – Done with a combo set. Following your set immediately perform the next exercise for the + # of repetitions. Commonly done with push-ups after a bench press. Ex. Perform 12 repetitions on bench then immediately drop on the floor and perform 25 push-ups without rest.

12+12+12 – This means you will perform the same exercise for three continuous sets by dropping 5-10 lbs. Each set. You will perform a total of 36 repetitions during the set with only limited rest to change the weight. This is also known as a **Superset**.

WT X Reps

- Log all reps, sets and weight for each exercise you perform!
- Use the following codes for each set



A. indicates that you completed all reps and will increase the weight the next training session



B. Indicates that you completed all repetitions but did not perform them with proper technique or needed a spotter and will attempt to get all the repetitions next workout session.



C. Indicates that you needed help or fatigued before the desired amount of repetitions were completed. Next workout session the weight should be lowered to complete the minimum amount of repetitions.

An Example of this is shown below:

LEG PRESS	8 to 12	8X150 ➡	8 to 12	12X150 ⬆	8 to 12	6X170 ⬇
2 Sec. On the Press 4 Sec. On the decent						
LEG EXTENSION	8 to 12	12X120 ⬆	8 to 12	12X135 ⬆	8 to 12	8X150 ➡
2 Sec 4 Sec.						

- Look for any additional work at the bottom of your sheet. Abdominal and Low back workouts are listed workout by workout which one you should perform.

